

# THE SOURCE

## Cleaning Healthcare Workers' Mobile Phones

Submitted by Joy Wieseler, RN, Infection Control Coordinator

Dr. Atchara Sumritivanicha, an epidemiologist, and colleagues reported on a study done indicating that use of an alcohol pad to clean mobile phones can eradicate pathogenic microorganisms. The researchers conducted a pilot study to estimate the prevalence and type of microorganisms isolated from the mobile phones of 80 healthcare workers, before and after alcohol cleansing using a 70% alcohol pad.

1. Clean the surface of the phone's key pad.
2. Clean the mouthpiece.
3. Clean the earpiece.

After cleansing, no microorganisms were detected. Previous reports identified healthcare workers' mobile phones as reservoirs for various multidrug-resistant bacteria. Along with good hand hygiene practices and cleaning mobile phones, these findings support the potential benefit to minimize the potential transmission of bacteria in healthcare settings.

We can take this just a little bit further at NRC. Aside from cleaning our mobile phones, we need to remember to also clean our new walkie-talkies.

In September I will

be distributing to everyone packets of alcohol pads, so you can begin cleaning all mobile phones you use. It would be good to also start cleaning the walkie-talkies some staff use on the units.

When using an alcohol



pad, remember:

1. Clean the surface of the phone's key pad.
2. Clean the mouthpiece.
3. Clean the earpiece.

Reference: Sumritivanicha A, Chintanavilas K and Apisarnthanarak A. Prevalence and Type of Microorganisms Isolated from House Staff's Mobile Phones before and after Alcohol Cleaning. Infection Control and Hospital Epidemiology. Vol. 32, No. 6. June 2011.

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### Nebraska Sex Offender Treatment Program

*Mission: Providing Sex Offender treatment to prepare for community reintegration while maintaining public safety.*

*Vision: Helping people rebuild their lives with no more victims.*

## Please Welcome New NRC Employees



Nicole Gregory  
Mental Health  
Security Specialist II



Lori Russell  
Mental Health  
Security Specialist II



Rebecca Garry  
Mental Health  
Security Specialist II



Chassidy Veik  
Mental Health  
Security Specialist II



Daniel Widders  
Mental Health  
Security Specialist II



Matthew Mapes  
Mental Health  
Security Specialist II



Angela Ottis  
Mental Health  
Security Specialist II



Cody Meyer  
Facility Maintenance  
Supervisor

## What's Cooking at NRC

### BREAKFAST BURRITO



1 lb. bacon (cut in pieces, browned & drained)

1 lb. ground sausage, browned & drained

12 eggs, beaten

1 green pepper, chopped

1 onion, chopped

2 c. shredded cheese

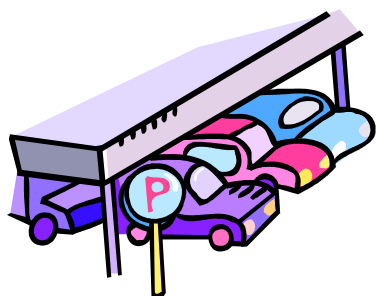
10 flour tortilla shells

Mix meat and all other ingredients together, put into a skillet and cook until eggs are done. On a tortilla shell, put some shredded cheese down the middle, top with egg mixture, and top with more cheese if desired. Fold the shell together like a burrito. Top with your likings (salsa, cheese, etc.).

You can also wrap the burritos up in foil and freeze them. Take it out when wanted and let thaw. Microwave for 1-2 minutes. You can add or remove whatever ingredients you want in your mixture. Using maple bacon or sausage adds good flavor! Enjoy!

(Submitted by Cami Long, and she challenges Starla DeMoss to submit a recipe for the next issue of *The Source*.)

## Parking Lot Lottery



Winners for the month of August are:

1. Linda Hansen

5. Tonya Mauldin

2. Dean Garver

6. Joy Wieseler

3. Doug Moats

7. Verlin Redlinger

4. Kristy Doffin

8. Sue Bain

## Therapeutic Community Week at NRC, July 2-10

Submitted by TyLynne Bauer, Facility Operating Officer

NRC held its 2011 Summer Therapeutic Community Week from July 2-10. Therapeutic Community Week is held twice a year, once during the 4th of July holiday week and again during the Christmas and New Year's holidays. The week provides patients with a break from the regular sex offender treatment regimen, as well as giving staff members a chance to prepare for the next session of classes/groups for the

sex offender treatment program.

Numerous other activities are planned during the week. A highlight of this summer's Therapeutic Community Week included an all-hospital picnic held in the courtyard over lunch and featured musical entertainment by Norfolk's own Jim Casey, along with Nick Leland, another local musician who just happens to provide ABE instruction to NRC patients under contract with Northeast Community College.

Jim Casey is a singer and guitarist, born in Norfolk, Nebraska. He is a professional songwriter, musician, producer, and music publisher. He got an early start in



RT and OT staff prepared and served the picnic lunch. Pictured from left to right: Bill Beutler, RT Supervisor; Ellen Weed, RT Activity Assistant; Michelle Clark, OT Activity Assistant; Steve Lindstadt, OT Activity Assistant; and Lisa Weible, RT Activity Assistant.  
Photo: TyLynne Bauer



Nick Leland (left) and Jim Casey (right) entertain during the July 6th all-hospital picnic.  
Photo: TyLynne Bauer



Jim Casey

music, playing with the rock group the Smoke Ring of Norfolk, Nebraska, in the 1960s. He later wrote songs that were recorded by Waylon Jennings, the Oak Ridge Boys, Tompall Glaser, Albert Collins, and Bobby Bare, some of which were written with the legendary Shel Silverstein. Casey wrote the award-winning soundtrack for the 1991 movie "Sealed With a Kiss" and continued to write, record, and produce music in Nashville, Tennessee.

## Accountability and Absolute Honesty

*"The key to constructive confrontation is remembering to attack problems, not people, and to search for solutions that best serve the organization, not individuals. It sounds deceptively simple. However, since it involves the interaction of human beings who are infinitely complex, implementing the process can be tricky."*

- Larry Johnson and Bob Phillips: *Absolute Honesty: Building a Corporate Culture That Values Straight Talk and Rewards Integrity*



## Birthdays

### August

- 5 - Ryan Sukup  
Diane Synovec
- 6 - Larry Sohler
- 9 - Cheryl Nielsen
- 10 - Linda Hansen  
Diane Schumacher
- 11 - Barbara Buettenbach
- 12 - Rick Kluender
- 13 - Pat Weich
- 17 - Jann Frank  
Jacque Orvis
- 20 - Sarah Fechner
- 22 - Shannon Bulau
- 24 - Juleen Brand
- 25 - Ken Duncan
- 26 - Darlene Porter



### September

- 1 - Elaine Halferty
- 4 - Byron Blain  
Dale Clark
- 5 - Diana Clark  
Darlene Sunderman
- 9 - Sandra Wiseman
- 11 - Neil Heese
- 12 - Corrine Janovec
- 13 - Lisa Weible
- 16 - Leann Daniels
- 17 - Penny Buck  
Sheryl Hansen
- 19 - LaRee Kubes
- 21 - Ken Palmer
- 22 - Shirley Drahota
- 23 - Mary Nemec
- 28 - Jody Young
- 30 - Janice Oswald  
Cody Meyer



## Anniversaries

### August

- 3 - Darlene Sunderman (24 years)
- 5 - Terry Ward (20 years)
- 11 - Karen Bressler (8 years)  
Nancy Wragge (8 years)
- 12 - Cami Long (9 years)
- 14 - Susan Waterman (33 years)  
Starla DeMoss (11 years)
- 15 - Doug Moats (28 years)
- 16 - Marci Sok (1 year)
- 17 - Bonnie Bergland (13 years)
- 22 - Ellen Weed (17 years)
- 23 - Stephen O'Neill (18 years)
- 24 - Cynthia Krause (13 years)
- 26 - TiAnne Morse (15 years)  
Judene Mewis (9 years)  
Shelia Lewis (7 years)
- 30 - Loren Ransen (12 years)
- 31 - Caroline Baumann (24 years)  
John Kelly (24 years)



### September

- 1 - Joyce Hoferer (29 years)  
David Mitchell (2 years)
- 7 - Karen Ehlers (40 years)  
Carol Ruge (12 years)  
Diane Synovec (7 years)
- 9 - Penny Buck (9 years)
- 11 - Ray Winter (11 years)  
Lori Rector (16 years)
- 12 - Sandra Wiseman (23 years)
- 13 - Sharon Jaeger (1 year)
- 14 - Judy Burnett (30 years)
- 17 - Pam Anderson (11 years)
- 18 - Steve Lindstadt (22 years)
- 19 - Jim Fuchs (6 years)
- 20 - Darlene Porter (48 years)  
Donna Wagner (12 years)
- 24 - Bev Lueshen (26 years)  
Juleen Brand (21 years)
- 30 - Joy Wieseler (18 years)



## Positive Discipline, Positively Delivered

Submitted by TyLynne Bauer, Facility Operating Officer (Courtesy of Joe Tye, CEO of Values Coach)

I was recently on an airplane and witnessed a masterful example of positive discipline, positively delivered. A child was screaming out of control, the mother clearly helpless to do anything about it, to the obvious annoyance of every passenger within earshot.

The flight attendant came over and gave the child a stern look, then said, "I'm sorry honey, but we don't allow crying on this airplane. You're going to have to stop that right now." The crying stopped.

One of the comments I frequently hear when working with clients is some variation of "We don't hold each other accountable." And we often do not hold each other accountable — for our attitudes or for our behaviors.

Gossip and rumor-mongering, complaining and criticizing, sarcasm and cynicism, and other forms of toxic emotional negativity — such are not at all consistent with the values of the organi-

zations we work for or for the personal and family values that we espouse.



But we often do not hold ourselves or each other accountable for engaging in such behaviors.

Imagine how much more positive and productive our workplaces would be if, every time someone started in on it they would be reminded "I'm sorry, but we don't allow that sort of behavior in this organization."

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## Leave of Employment

July 5, 2011

Shirley Brudigan, Food Service Cook

August 1, 2011

Sonia Martin, RN (PRN)

July 11, 2011

Christina Stearns, MHSS II (PRN)

August 4, 2011

Frank Bradley Brooks, MHSS II — Guard

July 20, 2011

Christopher Cromer, MHSS II

August 5, 2011

Brian Silhacek, MHSS II (PRN)

July 30, 2011

Shelby Timperley, Food Service Cook

August 12, 2011

Jerry Kopejtka, Custodian/Housekeeper  
Steve Daniels, MHSS II

# Answers to Hand Hygiene Quiz in Last Newsletter

Submitted by Joy Wieseler, RN, Infection Control Coordinator

The correct answers to the hand hygiene quiz in the last issue of *The Source* are highlighted in red.

1. If infectious matter gets on your hands:

- A. the sooner you wash it off, the less chance you have of becoming infected.
- B. it's ok to wait a while and then wash it off whenever you can.

2. The Centers for Disease Control & Prevention (CDC) recommends that healthcare professionals wash their hands with soap and water properly for at least:

- A. 30 seconds.
- B. 15 seconds. (Note: I have told everyone to wash between 15-20 seconds, so everyone got this one correct.)
- C. 20 seconds.

3. According to CDC studies, an effective way to reduce multi-drug-resistant pathogens is:

- A. to use alcohol-based skin decontamination. (Note: Key wording is multidrug-

resistant pathogens.)

- B. to wash with soap and water.
- C. none of the above.

4. To turn off a faucet after washing their hands, a healthcare professional must use:

- A. a towel.
- B. their pinky finger.
- C. the upper side of their hands.

5. You should wash your hands after removing gloves:

- A. only if a glove has been punctured.
- B. all the time. (Note: Remember, when you are taking i.e., pt monthly B/P, you need to change gloves between patients.)

6. The substances more drying and irritating to the skin are:

- A. alcohol-based sanitizers.
- B. soap and water. (Note: Most gels contain some type of moisturizers.)
- C. both are equally drying and irritating.

*Thank you to those staff that took the time to answer the questions and to those that took time to just read the article as a refresher. Eleven people submitted their correct answers, so all of them received a prize. Those staff were:*

*Becky Inness*

*Dawn Collins*

*Jennifer Bender*

*Bobbi Schulz*

*Julie Beutler*

*Bonnie Long*

*Kristy Goetsch*

*Tonya Mauldin*

*Tracy Daake*

*Bonnie Legate*

*Sue Reifenrath*



## DHHS - NORFOLK REGIONAL CENTER

DHHS—STATE OF  
NEBRASKA

Norfolk Regional Center  
1700 N. Victory Road,  
Bldg. 16  
PO Box 1209  
Norfolk NE 68702-1209  
Email:  
marg.hipp@nebraska.gov  
402.370.3315



*The Source is an employee newsletter written by the employees and published monthly for the employees within the Norfolk Regional Center. Articles and ideas for publication are always welcome and can be forwarded to any member of the Editorial Board.*

*It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size and content. Articles sent to the Editorial Board must be signed, but the writer may request to have their name withheld. Please contact us with submissions for the next edition, and with your comments on the newsletter!*

### *NRC Editorial Board*

*Marg Hipp - Editor - 370.3315*

*TyLynne Bauer - 370.3328*

*Susie Kohlhof - 370.4313*

*Marilyn Stromberg - 370.3142*

## Now That's Navel-Gazing

Submitted by Julie Beutler, RN, Associate Director of Nursing

The folks at the Belly Button Diversity project want to remind you that you may know more about kangaroos in Australia than you do about the creatures that live in your own belly button.

Researchers at North Carolina State University and the North Carolina Museum of Natural Science in Raleigh launched the Belly

Button Biodiversity project, which aims to gather bacteria from belly buttons to learn more about the micro-organisms that live on people, according to the project's website. Apparently, few people wash their belly buttons, making it the "perfect" place to gather bacteria.

The team posted the first round of results — photos

included — to the project's website this month at [www.wildlifeofyourbody.org](http://www.wildlifeofyourbody.org)

